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--11. The process of claim 10 wherein said one or more additives are present in amounts of up to 20% by weight in the dimensionally stable composition.--

--12. The process of claim 9 wherein said one or more alkali metal carboxylates are Na carboxylates of C₁₂₋₂₂ carboxylic acids.--

--13. The process of claim 9 wherein the dimensionally stable composition comprises 2 to 10% by weight of the one or more alkali metal carboxylates and 70 to 98% by weight of water.--

--14. The process of claim 9 wherein the dimensionally stable composition is placed on a suitable support in a room filled with air to be humidified.--

--15. The process of claim 9 wherein the dimensionally stable composition is exposed in a suitable holder or pack to a stream of the indoor air supply to be humidified.--

--16. The process of claim 15 wherein the stream of the indoor air supply is heated before, during or after humidification.--

--17. The process of claim 15 wherein the stream of the indoor air supply is cooled before, during or after humidification.--

--18. The process of claim 15 wherein the dimensionally stable composition has a shape selected from the group consisting of blocks, spheres, cubes, bars, discs and figures.

--19. The process of claim 15 wherein the dimensionally stable composition has a pH of 7 to 11.--

--20. A process for the controlled humidification of indoor air or an indoor air supply comprising exposing a dimensionally stable composition having a pH of 7 to 11 and comprised of 2 to 10% by weight of one or more Na C₁₂₋₂₂ carboxylates, 70 to 98% by weight water, and up to 20% by weight of one or more additives selected from the group consisting of solvents, regulators, perfumes, insecticides, thickeners, dyes, pigments and moisture indicators to the indoor air or indoor air supply.--

--21. The process of claim 20 wherein the dimensionally stable composition is placed on a suitable support in a room filled with air to be humidified.--

--22. The process of claim 20 wherein the dimensionally stable composition is exposed in a suitable holder or pack to a stream of the indoor air supply to be humidified.--

--23. The process of claim 22 wherein the stream of the indoor air supply is heated

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before, during or after humidification.--

--24. The process of claim 22 wherein the stream of the indoor air supply is cooled before, during or after humidification.--

--25. A dimensionally stable composition suitable for use in the controlled humidification of indoor air or an indoor air supply comprising 1 to 40% by weight of one or more alkali metal carboxylates of C₈₋₂₆ carboxylic acids and 60 to 99% by weight of water.--

--26. The dimensionally stable composition of claim 25 packaged in an air-tight and water proof pack.--

--27. The dimensionally stable composition of claim 25 in combination with a support, holder or pack.--

--28. The dimensionally stable composition of claim 25 additionally comprising one or more additives selected from the group consisting of solvents, regulators, perfumes, insecticides, thickeners, dyes, pigments and moisture indicators.--

--29. The dimensionally stable composition of claim 28 wherein said one or more additives are present in amounts of up to 20% by weight.--

--30. The dimensionally stable composition of claim 25 wherein the one or more alkali metal carboxylates are Na carboxylates of C₁₂₋₂₂ carboxylic acids.--

--31. The dimensionally stable composition of claim 25 comprising 2 to 10% by weight of the one or more alkali metal carboxylates and 70 to 98% by weight of water.--

--32. The dimensionally stable composition of claim 25 having a shape selected from the group consisting of blocks, spheres, cubes, bars, discs and figures.--

--33. The dimensionally stable composition of claim 25 having a pH of from 7 to 11.--

--34. An article comprising a dimensionally stable composition contained in an air-tight and water proof pack, said dimensionally stable composition being useful for the controlled humidification of indoor air, having a pH of 7 to 11, and comprising 2 to 10% by weight of one or more Na C₁₂₋₂₂ carboxylates, 70 to 98% by weight water, and up to 20% by weight of one or more additives selected from the group consisting of solvents, regulators, perfumes, insecticides, thickeners, dyes, pigments and moisture indicators.--